

## Protect Your Body... Your Temple

### Healthy Habits for Flu Season

- Wash your hands
- Cover your cough
- Avoid touching your eyes, nose or mouth
- Limit close contact with people who are sick

Those over 65 or have a long-term illness like diabetes or heart disease are at HIGH risk for the flu and pneumonia.

*Protect Yourself and Your Loved Ones...  
With Healthy Habits*



Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006982 6/07

## Protect Your Body... Your Temple

### Healthy Habits for Flu Season

- Wash your hands
- Cover your cough
- Avoid touching your eyes, nose or mouth
- Limit close contact with people who are sick

Those over 65 or have a long-term illness like diabetes or heart disease are at HIGH risk for the flu and pneumonia.

*Protect Yourself and Your Loved Ones...  
With Healthy Habits*



Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006982 6/07

## Protect Your Body... Your Temple

### Healthy Habits for Flu Season

- Wash your hands
- Cover your cough
- Avoid touching your eyes, nose or mouth
- Limit close contact with people who are sick

Those over 65 or have a long-term illness like diabetes or heart disease are at HIGH risk for the flu and pneumonia.

*Protect Yourself and Your Loved Ones...  
With Healthy Habits*



Office of Minority Health

South Carolina Department of Health  
and Environmental Control

CR-006982 6/07